

**References:**

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Plants of California: <http://www.plantsofcalifornia.com/>

Pacific Northwest Flowers: <http://www.pnwflowers.com/>

Calflora: <http://www.calflora.org/>

**Notes:**

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***Pírish*: Medicinal Plant Field Guide**

*This guide is meant to help students identify some of the many healing medicinal Native plants used by the Karuk people. The doses recommended to treat medical conditions should not take the place of a doctor's – naturopathic or allopathic – advice. The material and content contained herein, regarding plant medicine, is for general health information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment of any individual and his/her particular health/ailment circumstance.*

**Karuk Name:** *xutyúpin*

**Common Names:** chitem, buckthorn, cascara

**Botanical Name:** *Rhamnus purshiana*



**Part used:** Leaves, stems, bark.

**Use:** Laxative and liver cleanser.

**Preparation:** Use dry or fresh stems and leaves gathered anytime of year. Break up and steep as a tea in the ratio of one teaspoon to one cup hot water.

**Dosage:** When cooled, drink two large gulps in the evening to relieve constipation and/or to strengthen liver.

**Notes:**

Date collected:

Site location:

Paste Plant Here

**Karuk Name:** *uxnáhich*

**Common Name:** wild strawberry

**Botanical Name:** *Fragaria vesca*



**Part used:** Fresh leaves for medicine and fruit for food.

**Use:** For all types of mouth sores and to relieve sore throat. Fruit is eaten fresh for food.

**Preparation:** Steep one packed cup of fresh leaves gathered in the spring and early summer in one quart of hot water to make a gargle for sore throat.

**Dosage:** Gargle two or three times a day for sore throat; chew fresh leaves for mouth sores.

**Notes:**

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Paste Plant Here

**Karuk Name:** *thámkaat*

**Common Names:** pennyroyal, meadow mugwort

**Botanical Name:** *Monardella odoratissima*



**Part used:** Leaves and stem.

**Use:** Treat colds or flu and relieve fevers.

**Preparation:** Steep dry or fresh leaves in proportion from one teaspoon to one cup of hot water.

**Dosage:** Drink up to three cups per day to ease cold symptoms, but up to four for flu and fever.

**Notes:**

**Date collected:**

**Site location:**

Paste Plant Here

**Karuk Name:** *fáthip*

**Common Names:** manzanita bush

**Botanical Name:** *Arctostaphylos manzanita*



**Part used:** Ashes, bark, stem, leaves, berries

**Use:** Treat burns, relieve poison oak, alleviate symptoms of stomach flu. Berries can be dried and converted to flour, or soaked and made into a refreshing drink.

**Preparation:** Ashes are mixed with a little warm water into poultice for burns; leaves are boiled to make strong wash for poison oak; steep one teaspoon fresh or dried leaves for tea to relieve symptoms of stomach flu.

**Dosage:** Apply poultice to burns as soon as possible and remove upon lasting relief; apply strong wash upon itching poison oak rash; for stomach flu, drink up to three cups of tea per day until stomach settles.

Date collected:

Site location:

Paste Plant Here

**Karuk Name:** *xunyêepshurukhitihan*<sup>1</sup>

**Common Name:** prince's pine

**Botanical Name:** *Chimaphila umbellata*



**Part used:** Leaves and stem.

**Use:** Leaves are placed in bed to relieve backache; tea used to treat bladder problems.

**Preparation:** Steep one teaspoon fresh or dried leaves in one gulp of hot water.

**Dosage:** Drink half a cup four times a day until relief.

**Notes:**

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<sup>1</sup> That which grows among the tan oaks.

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Date collected:

Site location:

**Karuk Name:** *kusrip̄pan*

**Common Name:** madrone

**Botanical Name:** *Arbutus menziesii*



**Part used:** Bark for medicine, berries for food.

**Use:** Treat diabetes.

**Preparation:** Peel off chunk of bark in the spring, then chop into small pieces the size of a postage stamp. This can be used dry or fresh to steep into a tea, with one teaspoon of madrone bark to one cup of hot water.

**Dosage:** Drink up to two or three cups a day to keep insulin levels stable.

**Notes:**

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Paste Plant Here

**Karuk Name:** *pirish'axvâaharas*

**Common Name:** mountain balm, yerba santa

**Botanical Name:** *Eriodictyon californicum*



**Part used:** Leaves and stem of new growth.

**Use:** Treat flu symptoms and lung ailments.

**Preparation:** Steep dry or fresh leaves in proportion from one teaspoon to one cup of hot water to treat flu symptoms. For lung ailments, mix strong tea with honey to make medicinal syrup.

**Dosage:** Drink a half a cup of tea twice a day for flu, and drink teaspoons of syrup after coughing fits.

**Notes:**

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Site location:

Paste Plant Here

**Karuk Name:** *achnat'apvúytiiv*<sup>2</sup>

**Common Name:** rattlesnake plantain

**Botanical Name:** *Goodyera oblongifolia*



**Part used:** Young leaves.

**Use:** Improve fertility in women.

**Preparation:** Steep one teaspoon of the leaves, gathered anytime of year, in one cup of hot water.

**Dosage:** Drink twice a day, once in the morning and evening.

**Notes:**

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Paste Plant Here

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<sup>2</sup> - "rat-tail-ear"

**Karuk Name:** káat

**Common Name:** mugwort

**Botanical Name:** *Artemesia douglasiana*



**Part used:** Leaves and stems. Dried flowers for salves.

**Use:** Mugwort can be used interchangeably with wormwood to treat liver trouble, sore throats, and chest colds and prevent ticks and lice.

**Preparation:** Leaves and stem are used to repel ticks and lice by rubbing the fresh leaves on clothes and body. Steep one teaspoon of the leaves in one cup of hot water for tea and gargle water. For bruises, swelling, chest colds and skin cancer, make a poultice and apply to area.

**Dosage:** Drink, gargle and apply poultice as needed.

**Notes:**

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**Karuk Name:** *kishvuf*

**Common Name:** angelica root; root; sweet cicely

**Botanical Name:** *Osmorrhiza berteroi*



**Part used:** Mostly roots, but also fresh shoots for food.

**Use:** The root of this plant is one of the most important medicines and can be used to treat almost everything.

**Preparation:** Dried and burned to treat illnesses and improve well-being. Rooms are scented with its smoke if there has been illness in the house. For headache, a little piece of the root is chewed. A piece of the root is carried as protection against *puravaans* (bad spirits). In the spring the young tops are eaten raw as greens.

**Dosage:** Chew or burn as incense as needed.

**Notes:**

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**Karuk Name:** *pahiip*

**Common Name:** peppernut, bay, bay laurel,

**Botanical Name:** *Umbellaria californica*



**Part used:** Leaves, and nutmeats for food and medicine.

**Use:** Treat colds and sinus infections, soothe toothaches, and strengthen immune system.

**Preparation:** Gather new growth for steam baths and poultices. Gather fresh nuts for poultices, chop and mix with a little oil or fat for poultice to treat sores. Roast peppernuts in shell for food.

**Dosage:** Chew leaves or chop finely to release oils and apply poultice to aching tooth. Eat four to five roasted nutmeats to strengthen immune system. Use steam bath once a day to relieve cold symptoms and sinus infections.

**Notes:**

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